

20/02/2026

## Foundations of Strength and Conditioning *Course Information*

This document will detail the launch of a brand new course for Welsh Gymnastics, developed as part of a Sport Wales project. This document will cover where this course has come from, requirements, cost and time, content, and roll out plan.

### **Where has this course come from?**

It has been identified that there is a significant lack of CPD opportunities within Wales for our coaching community. In particular, a course to support coaches across disciplines.

As part of a 2025 project with Sport Wales, experts in Strength and Conditioning have worked hard to develop a Foundations of Strength and Conditioning course to support coaches across disciplines to confidently and safely implement strength and conditioning into their sessions. We know that strength-based training plays a vital role in the sport, not only supporting apparatus training but also helping to build gymnasts safely, improve physical resilience, and allow them to become the best possible version of themselves in their chosen discipline(s).

### **What is the timeline for launch?**

Following a successful pilot in November 2025 with 6 coaches across 5 disciplines, we gathered valuable feedback from the participants around cost, content, and structure. The course is due to launch in March 2026, delivered by Sport Wales practitioners. Tutor orientation will take place within these courses throughout 2026, with tutoring being taken over by Welsh Gymnastics tutors from 2027. Clubs will be able to attend these courses whilst orientation is taking place. Courses will be organised throughout the year and will take place in the North, West, South and Mid Wales to ensure this course is accessible for our whole community.

### **Course Structure:**

The Foundations in Strength and Conditioning course will include a blend of theory and practical elements and cover the below topics:



1. Benefits of S&C and how it can supplement traditional gymnastics training
2. Exploring key training principles and considerations for youth gymnasts
3. Coaching key exercises and making positive changes to common technical errors
4. Identifying practical ways to integrate developmentally appropriate S&C into sessions

The course content is designed to support youth gymnasts under the age of 18 and explores the Youth Physical Development Model for both male and female athletes, using developmentally appropriate activities. The focus is on building physically capable and resilient gymnasts, with plenty of time for discussion, case studies, and practical support to help put learning into practice.

### **Course Requirements:**

*Age-* 16+

*Gender-* No restrictions

*Disciplines-* All

*Coaching Qualification-* Level 1+ in any discipline

*Participants-* No participants required

*Membership-* Current WG Membership

*Time-* 4 hours

*Cost-* £60

*Maximum Participants-* 12

### **Enrollment:**

Keep a look out on our socials and Sport80 over the next few months to enroll on a course near you!